



Days 1 & 2

(IF YOU HAVE DIABETES, skip this step)

You should eat only fruits and whole grains (like oats, brown rice or quinoa) and starchy crops and fruits such as (taro/dalo, cassava, sweet potato/kumala, yam, plantain/vudi and breadfruit).

Days 3–5

(IF YOU HAVE DIABETES, you should start here and follow these recommendations for 5 days)

You should eat fruits, whole grains and starchy crops and fruits, plus vegetables and legumes (such as lentils, dhal, beans or chickpeas).

After completing Day 5 of the JumpStart Challenge, you should continue with the Optimal Diet principles.

Throughout the 5 Day Jumpstart Challenge, you should:

- Avoid refined sugars like sugar, honey, molasses and other syrups and sweeteners
- Gradually decrease caffeinated drinks such as coffee, black tea and caffeinated energy drinks
- Quit alcohol (including beer, wine and spirits. kava), fruit juices and fizzy drinks (soda/ soft drinks and sports drinks)
- Avoid processed fats and oils, including butter, margarine, ghee, mayonnaise, store-bought salad dressings and vegetable oils
- Avoid processed foods (like instant noodles, ready meals and samosas) and fast foods (such as fish and chips, burgers and fried chicken)
- Leave out animal foods such as fish, meat and chicken
- Leave out dairy products (milk, cheese and cream) and eggs. Instead of milk, you can use non-dairy options that are fortified with calcium and vitamin B12, like most types of locally available soy milk or rice milk
- Limit salt (including all foods with added salt and soy sauce, like noodles, bread and crackers). You should not eat more than a small pinch of salt per person per main meal (lunch and dinner).

Instead, you can season your dishes with onion, garlic, ginger, herbs and spices, such as cinnamon, coriander/dhania or cumin.

- Avoid snacking between the 3 main meals (breakfast, lunch, dinner). When hungry, drink a glass of water or a cup of herbal tea (without sugar). In emergencies (for example if you feel dizzy or too weak), eat a piece of fresh fruit.



Meal Suggestions and Combinations – Days 1 & 2

	Day 1	Day 2
Breakfast	<p>Porridge prepared with rolled oats and non-dairy milk * with dates and cinnamon</p> <p>OR</p> <p>Plantain (vudi) cooked with a dairy-free milk* (except coconut) + raisins/sultana, cinnamon, ginger, cloves or lemon zest + fresh fruit</p>	<p>Whole wheat or whole grain breakfast cereal (like weetbix) with a non-dairy milk* + fresh fruit</p> <p>OR</p> <p>Tropical oat smoothie + fresh fruit</p>
Lunch	<p>Cooked brown/red/black rice ADD: A variety of fruit ADD: Cinnamon, lemon zest, cloves, mint or vanilla if desired</p> <p>OR</p> <p>Boiled or steamed sweet potato or breadfruit; 1 glass of dairy-free milk*; fruit salad with mint, lemon zest and juice</p>	<p>Cooked brown/red/black rice ADD: A variety of fruit ADD: Cinnamon, lemon zest, cloves, mint or vanilla if desired</p> <p>OR</p> <p>Porridge prepared with rolled oats and non-dairy milk * with dates and cinnamon</p> <p>OR</p> <p>Boiled or steamed yam or cassava; 1 glass of dairy-free milk*; fresh fruit (like passionfruit, pineapple or pawpaw)</p>
Dinner	<p>Cooked quinoa, brown/red/black rice or porridge ADD: Your choice of fresh fruit ADD: Cinnamon, lime or kumquat zest, nutmeg, ginger, mint or vanilla if desired</p> <p>OR</p> <p>Sweet potato mashed with dairy-free milk* ADD: pawpaw, raisins and cinnamon OR pawpaw, kumquat juice and zest, raisins + fresh fruit</p>	<p>Cooked quinoa, barley, plantain or brown/red/black rice with dairy-free milk* ADD: Your choice of fresh fruit ADD: Cinnamon, lime or kumquat zest, nutmeg, ginger, mint or vanilla if desired</p> <p>OR</p> <p>Boiled or steamed taro (the starchy crop only) or cassava; a glass of dairy-free milk*; mango or pawpaw</p>

* Dairy-free milk should be fortified with calcium and vitamin B12.

How can you check if dairy-free milk is fortified with vitamin B12 and calcium?

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You should always check the nutrition facts of the milk you would like to buy.

- If the product contains vitamin B12, it generally means it's fortified.
- If the product contains more than 80 mg (but at least 100-120 mg would be even better) of calcium per 100 ml of product, then it means it's fortified.

If the product doesn't mention vitamin B12 and calcium in the nutrition facts, it generally means it's not fortified.



Meal Suggestions and Combinations – Days 3-5

	Day 3	Day 4	Day 5
Breakfast	<p>Porridge made with rolled oats and dairy-free* milk with fresh fruit and raisins</p> <p>OR</p> <p>Whole meal or rye toast with avocado + fresh fruit or fruit salad</p>	<p>Quick Bircher muesli (see recipe on page X)</p> <p>OR</p> <p>Tropical oat smoothie + fresh fruit</p>	<p>Home-made baked beans on whole meal or rye toast</p> <p>OR</p> <p>Whole wheat or whole grain breakfast cereal (like weetbix) with a non-dairy milk* + fresh fruit</p>
Lunch	<p>Oil-free taro curry/stew (leaves and tuber + onion, ginger, garlic, pepper and other spices) + fresh fruit</p> <p>OR</p> <p>Cabbage, carrot, pineapple and beans salad with whole meal toast or steamed or boiled cassava + fresh fruit</p>	<p>Whole meal roti wrap/ bread roll with fresh salad and hummus or mashed avocado + fresh fruit</p> <p>OR</p> <p>Bean, corn and cabbage salad with steamed or boiled breadfruit + fresh fruit</p>	<p>Whole meal roti wrap/ bread roll with salad (lettuce, tomatoes and cucumber, avocado) and chickpeas + dried fruits and nuts</p> <p>OR</p> <p>Rice salad with brown/ red/black rice, shredded cabbage or watercress and carrots, chickpeas and kumquat juice + dried fruits and nuts</p>
Dinner	<p>Oil-free dhal soup with carrots or pumpkin, potatoes, chopped tomatoes, onion, garlic, ginger, turmeric and spices + whole meal roti + fresh fruit</p> <p>OR</p> <p>Lentil and vegetable hotpot ADD boiled or steamed taro + fresh fruit</p>	<p>Split pea and cumin hotpot</p> <p>OR</p> <p>Salad bowl with sweet potato, beans, avocado, tomatoes, cucumber, lime juice and coriander/dhania + fresh fruit</p>	<p>Oil-free pumpkin and chickpea curry/stew (pumpkin, chickpea, onion, garlic, ginger, spices) + boiled or steamed taro or yam + fresh fruit</p> <p>OR</p> <p>Salad bowl with watermelon, beans, watercress and lime juice + steamed or boiled cassava + fresh fruit</p>